

Culinary Arts Foundations: Week 15

Day 1: Breakfast Cookery

- Objective: Determine how to properly cook breakfast meats and eggs.
- Starter #2: What reaction takes place when eggs are overcooked? What does this result in? ("Key Science Skills" pg. 395)
- Assignment:
 - Meat and Egg Preparation Study Guide Pg. 393-400 or Breakfast Cookery Crossword Puzzle
 - Lab Plan: Pancakes and French Toast

Day 2: Pancake Lab (Threshold)

- Objective: Demonstrate ability to make pancakes and sausage following safety and sanitation guidelines.
- No Starter
- Assignment:
 - Lab: Pancakes

Day 3: French Toast (Threshold)

- Objective: Demonstrate ability to make French toast and bacon following safety and sanitation guidelines.
- No Starter
- Assignment:
 - Lab: French Toast

Note: Increased the egg amount to 5 in French toast recipe

Day 4: Ch. 17 Breakfast Foods

- Objective: Review information on breakfast foods cookery
- Starter #3: What are 2 low fat breakfast ideas that you could add to your restaurant menu?
- Assignment:
 - Folder Check
 - Bingo Review

Day 5: Test Ch.17

- Objective: Evaluate knowledge of cooking eggs, breakfast meats and breakfast quick breads
- No Starter
- Assignment:
 - Test: Ch.17

Note: Would like another idea instead of cooking pancakes and waffles.

Have students work in groups to create their own breakfast, find recipes in cookbook or internet.

*Have students work in groups to create a breakfast menu for their own restaurant. **** Like this idea *****
Create breakfast menu or brochure on eggs and their many uses in place of a test over breakfast cookery.

Name _____ Date _____ Period _____

**Meat & Egg Preparation
Study Guide
Pg. 393-400**

- 1.) Additional fat does _____ need to added when cooking breakfast meats.
- 2.) The best way to cook breakfast meats is _____.
- 3.) What happens to meat if it is overcooked? _____

- 4.) Overcooked eggs may be _____ and _____, but undercooked eggs pose a serious _____.
- 5.) Coagulation is the temperature at which egg _____ becomes _____.
- 6.) Whole beaten eggs coagulate at _____.
- 7.) What is the coagulation temperature when we mix eggs with liquids? _____
- 8.) What happens when eggs curdle? _____

- 9.) What Grade of eggs should be used for fried eggs? _____
- 10.) Why should you use fresh eggs when poaching? _____

- 11.) When poaching an egg what should you add to the simmering water to cause the egg to coagulate quickly? _____
- 12.) What is the difference between a French and American omelet? _____

- 13.) What two advantages do French omelets have over American omelets? _____

- 14.) What are the 3 basic parts of a soufflé omelet? _____

- 15.) What is a frittata? _____

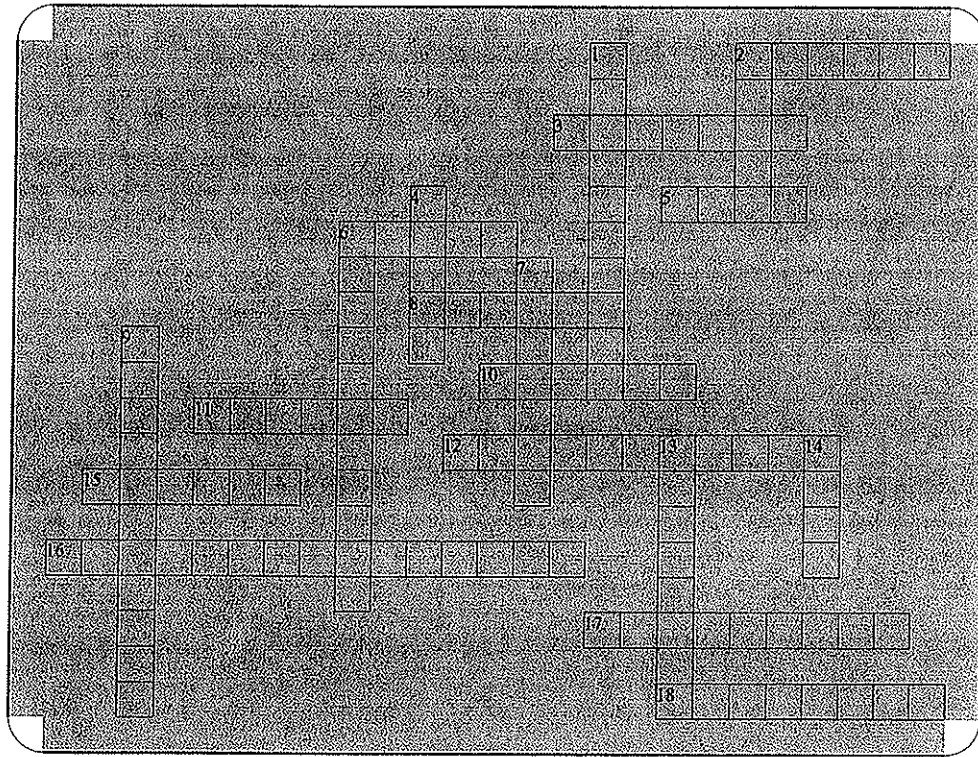
- 16.) Describe a quiche. _____

17.) Describe shirred eggs. What are they prepared in? _____

18.) What can cause hard and soft cooked eggs to discolor? _____

Name: _____
Date: _____

Ch. 17 Breakfast Cookery



Across:

- 2 - a type of quick bread that is often cut into triangle shapes
- 3 - eggs that are covered with cream or milk and sometimes bread crumbs. They are prepared in ramekins lined with a variety of ingredients
- 5 - almost 1/3 of the eggs weight, contains fat and protein along with vitamins and iron
- 6 - add eggs to simmering water that contains acid such as vinegar
- 8 - folded egg dishes 2 types are French and American
- 10 - the separation of eggs and solids, resulting in a tough yet watery egg dish
- 11 - the ability of an egg to absorb flavors and odors through the shell and lose moisture even when the shell is unbroken
- 12 - a type of bread made from quick-acting leavening agents, such as baking powder
- 15 - a pie crust filled with a mixture of eggs, cream, cheese and vegetables or meat
- 16 - breads that are made in advance and delivered to food service establishments
- 17 - flat, open faced omelets
- 18 - puffed egg dishes

Down:

- 1 - an item from which the water has been removed
- 2 - protects the eggs content
- 4 - the thickness is specified by the number of slices per pound
- 6 - heating products at very high temperatures to destroy harmful bacteria
- 7 - the clear white of an egg
- 9 - the temperature at which egg proteins become solid
- 13 - small ceramic bowls
- 14 - part of the grading process, determined by the weight per dozen

PANCAKES

(Uses Muffin Method for mixing)

NAME _____

DATE _____

PERIOD _____

1 and $\frac{1}{4}$ cup flour
2 Tbsp. sugar
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

1 egg
1 cup milk
1 Tbsp. vegetable oil

Grease electric frying pan with Pam cooking spray.

OPTIONAL: $\frac{1}{2}$ cup chocolate chips OR $\frac{1}{2}$ cup blueberries

1. In a large mixing bowl stir together flour, sugar, baking powder, and salt together with a wooden spoon. If making chocolate chip or blueberry pancakes, stir chips or berries into flour mixture.
2. Make a well in dry ingredients. Set aside.
3. Crack egg into a cereal bowl. Beat egg slightly with a fork.
4. In medium mixing bowl beat egg, milk, and vegetable oil together with a fork.
5. Pour milk mixture into flour well all at once.
6. Stir with a wooden spoon till dry ingredients are blended, but batter is still lumpy. Do NOT over stir the batter.
7. Lightly spray electric frying pan with Pam cooking spray. Heat electric pan at 250* till hot.
8. When electric pan is hot, dip out $\frac{1}{4}$ cup batter for each pancake. Fry 4 pancakes at a time. Space batter far enough apart so pancakes do not touch as they expand.
9. Pancakes are ready to turn when tops are bubbly all over, with a few broken bubbles. Edges of pancakes will be slightly dry. Cook second side till golden brown. Repeat steps 8 and 9 until all batter is cooked. Makes about 8 - 4 inch pancakes.

French Toast

Recipe courtesy Alton Brown, 2003



Prep Time:	10 min	Level:	Serves:
Inactive Prep Time:	hr min	Easy	4 servings
Cook Time:	24 min		

Ingredients

- 1 cup half-and-half
- 3 large eggs
- 2 tablespoons honey, warmed in microwave for 20 seconds
- 1/4 teaspoon salt
- 8 (1/2-inch) slices day-old or stale country loaf, brioche or challah bread
- 4 tablespoons butter

Directions

In medium size mixing bowl, whisk together the half-and-half, eggs, honey, and salt. You may do this the night before. When ready to cook, pour custard mixture into a pie pan and set aside.

Preheat oven to 375 degrees F. Dip bread into mixture, allow to soak for 30 seconds on each side, and then remove to a cooling rack that is sitting in a sheet pan, and allow to sit for 1 to 2 minutes.

Over medium-low heat, melt 1 tablespoon of butter in a 10-inch nonstick saute pan. Place 2 slices of bread at a time into the pan and cook until golden brown, approximately 2 to 3 minutes per side. Remove from pan and place on rack in oven for 5 minutes. Repeat with all 8 slices. Serve immediately with maple syrup, whipped cream or fruit.

French Toast Lab Evaluation

Directions: As you taste the French Toast please evaluate the following information and answer the question about your lab performance.
 You must use descriptive words or you will not receive points

	<u>Taste</u>	<u>Appearance</u>	<u>Texture</u>
French Toast			
Pancakes			

- 1.) Why is day old bread good when making French toast? (404) _____

- 2.) How do you make crunchy French toast? (404) _____

- 3.) What piece of equipment is used when making French toast or pancakes (402)? _____

- 4.) What are items that you could serve with French toast? _____

- 5.) What method of mixing do you use when making pancakes? _____
- 6.) Why are pancakes and waffles made to order? What happens to them if they are held too long? (402) _____

- 7.) Why is it important to not overmix pancakes? _____

- 8.) How do you know when it is time to flip pancakes (402)? _____

- 9.) What were the most successful and unsuccessful aspects of this lab for your group? _____

- 10.) What, specifically, did you do to make this lab successful? _____

Name _____ Date _____ Period _____

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Ch.17 Test
Breakfast Cookery

True/False: Place a T for true and an F for false in the blank to the left of each statement.

- _____ 1.) The four most common types of breakfast meats are ham, bacon, sausage and tofu.
- _____ 2.) The three main parts of an egg are the shell, yolk, and white.
- _____ 3.) When cooking breakfast meats, add fat to the pan so the meat does not stick.
- _____ 4.) Breakfast meats should be cooked at very high temperatures to make sure they are completely cooked through.
- _____ 5.) For best results when making fries eggs use Grade AA.
- _____ 6.) Most commercial kitchens use extra large eggs.

Multiple Choice: Place the letter of the answer that best completes the statement in the blank to the left.

- _____ 7.) The color of an egg indicates...
A. chicken's diet B. nutrition of the egg
C. type of chicken D. both A and B
- _____ 8.) Over half of the protein in an egg is found in the eggs
A. shell B. yolk
C. white
- _____ 9.) When poaching an egg what should you add to the simmering water to coagulate faster?
A. milk B. oil
C. vinegar D. None of the Above
- _____ 10.) Which of the following is not a part of a soufflé omelet?
A. base B. beaten egg whites
C. bacon D. filling
- _____ 11.) Whole beaten eggs coagulate at which temperature?
A. 156° B. 180°F
C. 160°F D. 146°F
- _____ 12.) What can cause hard and soft cooked eggs to discolor?
A. bad diet of the chicken B. cold water
C. salt D. boiling water
- _____ 13.) The texture of overcooked eggs become
A. runny and soupy B. tough and rubbery
C. green D. chewy and soft

Matching: Match the description from the right hand column with the correct answer in the left hand column.

- | | |
|------------------------|--|
| _____ 14.) Shell | A. Contains almost 1/3 of the eggs weight. Almost all of the fat and cholesterol are found here. |
| _____ 15.) Yolk | B. Temperature at which proteins become solid. |
| _____ 16.) White | C. The clear white of the egg. |
| _____ 17.) Albumen | D. Eggs and solids separate |
| _____ 18.) Porous | E. Serves to protect the eggs contents. |
| _____ 19.) Coagulation | F. Flavors and odors can be absorbed through the shell. |
| _____ 20.) Curdle | G. 2/3 of the egg is made up of this and contains most of the protein. |

Matching: Match the egg cooking method from the right hand column with its correct name.

- | | |
|---------------------|---|
| _____ 21. Fried | A. Pie crust filled with a mixture of eggs, cream, cheese, and vegetables or meat. |
| _____ 22. Poached | B. Break eggs and beat together. Cook in a skillet over medium heat stirring slowly to move cooked portions of egg to allow uncooked portions to coagulate. |
| _____ 23. Scrambled | C. Flat, open faced omelet |
| _____ 24. Omelet | D. Eggs that are cooked in the oven in ramekins or baking dishes. |
| _____ 25. Quiche | E. Eggs cooked in a skillet. You do not mix or stir the eggs while cooking. You add ingredients to middle and fold when completed. |
| _____ 26. Shirred | F. Use fresh eggs. Break eggs from shell and add to simmering water |
| _____ 27.) Frittata | G. Use grade AA eggs. Most popular breakfast dish cooked to order. |

Short Answer:

28-30.) What are the three grades of eggs?

- _____
- _____
- _____

31-33.) List the 6 sizes of eggs from smallest to largest.

_____ - _____ - _____ - _____ - _____ - _____

34-36.) What are the 3 different forms eggs are purchased in?

- _____
- _____
- _____

39.) What are the three types of ready made breads?

- _____
- _____
- _____

40.) Define quick bread: _____

Extra Credit:

1.) What utensil was used to cut the fat into the flour when making a pie crust? _____

2.) What makes egg turn green? _____

3.) How can you make French toast crunchy? _____
